

# BEHAVIORAL OUTLINE



|   |                            |
|---|----------------------------|
| Target behaviors  |                            |
| Current daily behaviors (starting points)                       | Behavioral excess          |
|   | Behavioral deficits        |
| Things triggering current behavior or preventing goal behavior? |                            |
| Self-efficacy   | Stage of behavioral change |
| Client Preferences  | Dietary                    |
|   | Activity                   |
| Past Experiences  | Dietary                    |
|   | Activity                   |

